

(19) United States

(12) Patent Application Publication (10) Pub. No.: US 2020/0156935 A1 Ruoslahti et al.

May 21, 2020 (43) **Pub. Date:**

(54) METHODS AND COMPOSITIONS USING PEPTIDES AND PROTEINS WITH **C-TERMINAL ELEMENTS**

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(21) Appl. No.: 16/524,869

(22) Filed: Jul. 29, 2019

Related U.S. Application Data

- (63) Continuation of application No. 12/821,050, filed on Jun. 22, 2010, now Pat. No. 10,370,245.
- (60) Provisional application No. 61/219,086, filed on Jun. 22, 2009, provisional application No. 61/249,140, filed on Oct. 6, 2009.

Publication Classification

(51) Int. Cl. B82Y 5/00 (2006.01)A61K 47/66 (2006.01)

U.S. Cl. CPC B82Y 5/00 (2013.01); A61K 47/66 (2017.08)

(57)ABSTRACT

Disclosed are compositions and methods useful for targeting and internalizing molecules into cells of interest and for penetration by molecules of tissues of interest. The compositions and methods are based on peptide sequences that are selectively internalized by a cell, penetrate tissue, or both. The disclosed internalization and tissue penetration is useful for delivering therapeutic and detectable agents to cells and tissues of interest.

Specification includes a Sequence Listing.

